

IN THE CLAIMS:

Please AMEND the claims to read as follows:

Claim 1. (currently amended) A device for conditioning arms and upper body muscles comprising: wherein said device for each arm includes a

(a) an unweighted glove section, and

(b) a forearm section, said glove and forearm sections being formed of comprising one or more pliable members materials; and

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section.

Claim 2. (original) The device of claim 1, wherein said weight is attached to said forearm section by a pocket, located contiguous to said forearm section, said forearm section receiving and holding said weight.

Claims 3. (original) The device of claim 1, wherein said weight comprises a plurality of objects enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist or forearm.

Claim 4. (original) The device of claim 3, wherein said plurality of objects consists of iron sand or some similarly dense material.

Claim 5. (currently amended) The device of claim 1, further comprising a fastening member wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

Claim 6. (original) The device of claim 1, wherein said fastening member comprises one or more zippers that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

Claim 7. (new) A device as in claim 1, wherein said glove section comprises tubular closed-ended finger receiving members.

Claim 8. (new) A device as in claim 4, further comprising:
(d) a securement band extending around said weight.

Claim 9. (new) A device as in claim 8, wherein said securement band extending around said weight extends flexibly around said weight.

Claim 10. (new) A device as in claim 9, further comprising:
(e) a forearm securement strap disposed on said forearm section, said weight being positioned between said forearm securement and said glove section.

Claim 11. (new) A device as in claim 1, wherein said forearm section is of a length sufficient to extend from said glove section over less than half of the forearm of a user .

Claim 12. (new) The device of claim 3, wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

Claim 13. (new) A device for conditioning arms and upper body muscles comprising:

- (a) an unweighted glove section,
- (b) a forearm section, said glove and forearm sections comprising one or more pliable members;
- (c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section; and
- (d) a fastening member, said fastening member comprising at least one adjustable strap that extends around said weight, whereby said weight is comfortably and securely secured to the wrist of a user.

Claim 14. (new) The device of claim 13, wherein said weight comprises iron sand or some similarly dense material.